



GOLF ACADEMY

FAQ - Frequently Asked Questions

1. From what age can children join the Academy?

Lessons are available for juniors aged 4 to 21 years old.

2. How does the free trial lesson work?

The free trial takes place with the beginners' group, usually on Saturdays from 15:30 to 16:30. All equipment (clubs, balls, etc.) is provided. We recommend notifying us in advance, as on some weekends the lesson may be replaced by competitions.

3. Do I need my own equipment?

No. The Academy provides all technical equipment (clubs, balls, bags, etc.). Players only need to bring appropriate golf attire: polo shirts, proper trousers or sports shorts, and golf shoes or trainers. Jeans, flip-flops or swim shorts are not allowed.

4. When are individual lessons held?

Individual lessons take place from Monday to Friday, always by appointment, and last 30 minutes. These lessons are included only in the membership package for players who already have a Handicap (HCP) (pre-competition and competition levels).

5. Can I bring more children to the same individual lesson?

Yes. It is possible to include other children who are also enrolled in the Academy in the same session. This option helps families manage their schedules more easily and allows siblings to train together, creating a more motivating and collaborative environment. The coach always adapts the session so that each participant receives instruction appropriate to their playing level.

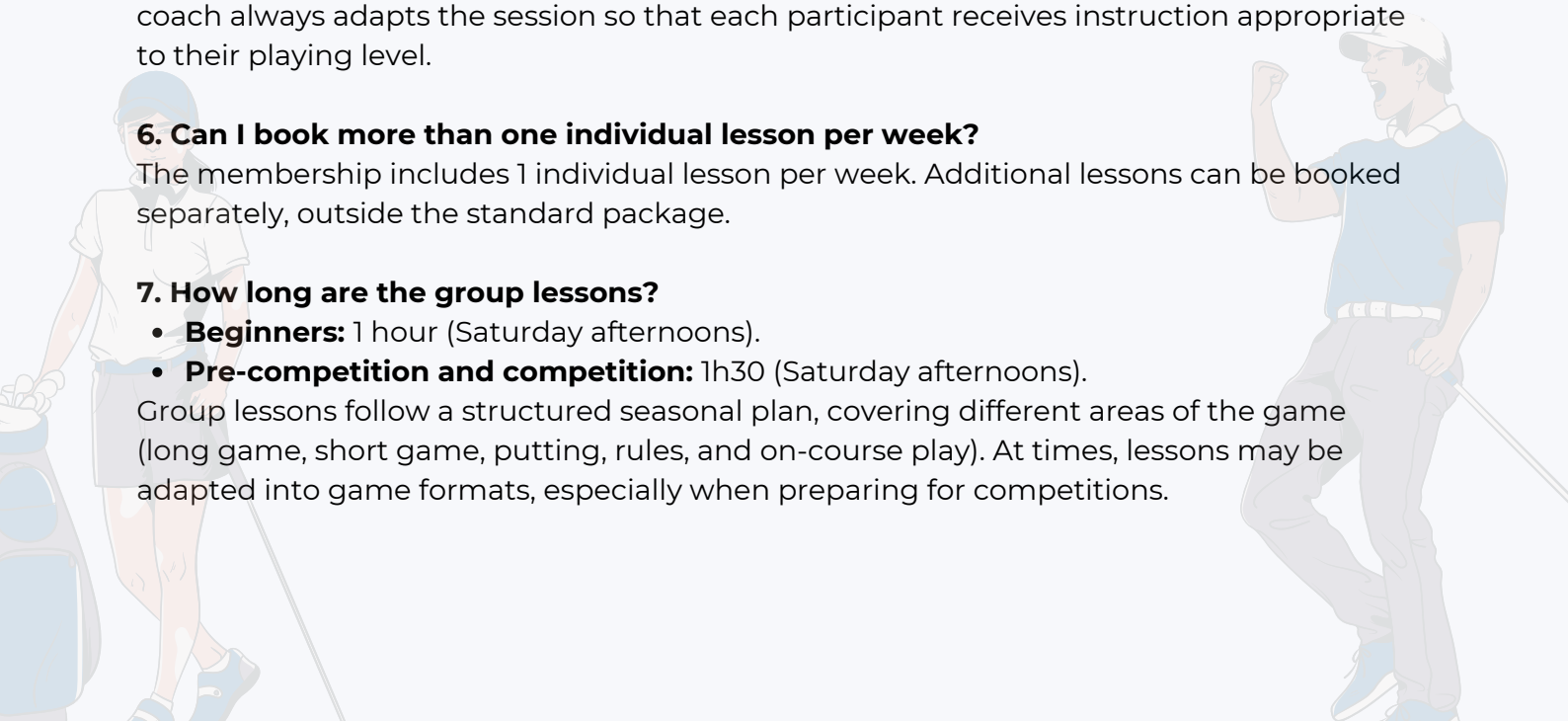
6. Can I book more than one individual lesson per week?

The membership includes 1 individual lesson per week. Additional lessons can be booked separately, outside the standard package.

7. How long are the group lessons?

- **Beginners:** 1 hour (Saturday afternoons).
- **Pre-competition and competition:** 1h30 (Saturday afternoons).

Group lessons follow a structured seasonal plan, covering different areas of the game (long game, short game, putting, rules, and on-course play). At times, lessons may be adapted into game formats, especially when preparing for competitions.





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8. What is the FPG fee and sports insurance?

Membership with the Portuguese Golf Federation (FPG) is mandatory, as it allows players to compete officially and includes sports insurance. The insurance covers potential accidents during play, ensuring that all students train safely and with peace of mind.

9. How long does a round of golf take?

- **18 holes (competition):** approximately 4h15 to 5h.
- **9 holes (pre-competition):** 2h to 2h45.
- **3 holes (beginners):** up to 1h, always adapted to the player's learning pace.

10. What is a Handicap (HCP)?

The Handicap (HCP) is a scoring system that measures a player's ability, allowing golfers of different levels to compete fairly.

In simple terms, the HCP represents the average number of strokes above par that a player takes in an 18-hole round. The lower the Handicap, the more advanced the player.

Handicaps are issued by the Portuguese Golf Federation (FPG) after validated rounds and are updated regularly according to performance and results in official competitions or training.

11. How long does it take to obtain a Handicap (HCP)?

There is no fixed timeframe. Obtaining a Handicap depends on technical progress, training frequency, rule compliance, and performance on the course. Some players achieve it within a few months, while others may take longer. The coach monitors the entire process and guides each player according to their individual development.

12. What is the monthly fee and what does it include?

The fees vary depending on the student's level (beginners, pre-competition or competition). The monthly fee includes weekly group lessons and, for pre-competition and competition players, one 30-minute individual lesson per week. All technical equipment is provided by the Academy.

13. How can I enrol in the Academy?

Enrolment can be completed directly via [our website](#), by [clicking here](#). We always recommend starting with a free trial lesson, so that the student can have a first experience with the sport before completing the enrolment.

